Folkstyle Level 2 Curriculum

1. Neutral Position
    a. Stalking your opponent
        - Close the Gap
        - Making contact
    b. Hand fighting to control tie
        - Handfighting - Control tie
        - Handfighting - Don't reach
2. Neutral Position Offense
    a. Sweep Single Take Downs
        - Sweep single inside
        - Sweep single outside
        - Tree top finish
        - Run the pipe head inside
        - Run the pipe head outside
    b. High Crotch Take Downs
        - Inside step penetration
        - Outside step penetration
        - Pop finish
        - Change to a double
    c. Double Leg Take Downs
        - Double Leg inside
        - Double Leg outside
    d. Fireman's Carry Takedowns
        - Inline finish
        - Kelly finish
3. Counter Offense
    a. Front headlock
        - Go behind
    b. Stuff head
        - Single - Head inside
        - High crotch - head outside
4. Referee's Position
    a. Stand Up
    b. Short sit
        - Stand Up
        - Switch
        - Head post
5. Referee's Top Position
    a. Pop & Chop
        - Near wrist - cheap tilt
        - Far side tilt
        - Bar arms
    b. Spiral ride
        - Arm turk
        - Leg turk